

Fair Lawn Session 1

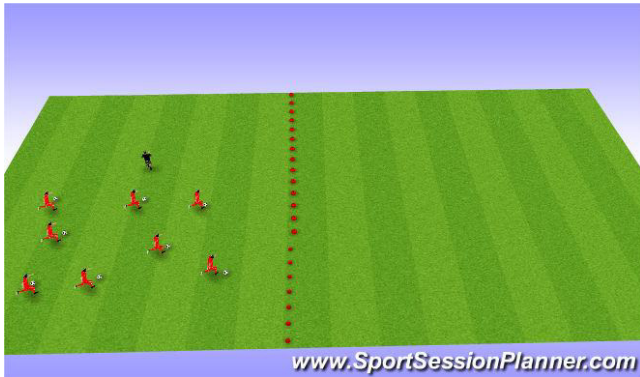
Category: | Difficulty:



Am-Club: TSF Academy
Mark White, Young Member



SPORT
SESSION
PLANNER



Body Parts Warm Up Game (15 mins)

All Players have a ball.

Coach will call out various body parts and players must put that body part on the ball. For example:

Foot
Knee
Sit
Head

Make it fun and enjoyable



The Safari Game (15 mins)

Animal Game - have players follow the coach around the area while dribbling a ball

Pretend that you are going on a safari to find some animals.

Coach will find an animal and carry out specific movements for that animal, and the players will follow.

PENGUINS - players will do 'boxes' and waddle like a penguin

MONKEY - players will do 'toe-taps' and make monkey sounds

SNAKE - players will 'zig-zag dribble' while hissing like a snake

TORTOISE - players will dribble very slowly

CHEETAH - players will dribble as quickly as possible

Make it a story - so the players feel like they are on an adventure



Coach Says (15 mins)

Each Player has a ball. When the Coach says "Coach Says...." the players have to do it. For example:

'Coach says dribble' then the players dribble to ball

'Coach says do a turn' then the players perform a turn

If the Coach says "Do a turn" (without saying 'Coach Says') then the players DO NOT do it.

Make this fun and depending on age/ability make it easier or or difficult



The Farm Game (15 mins)

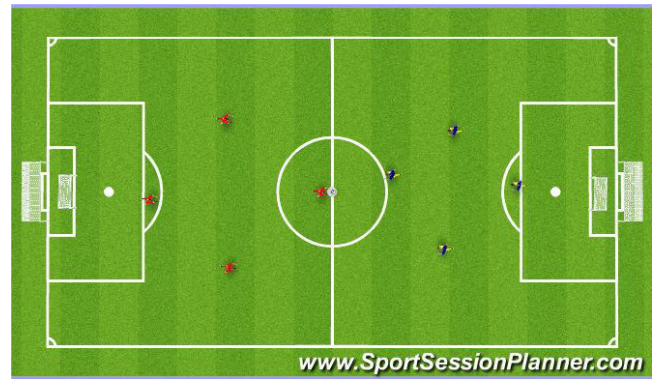
Coach is the Farmer. Soccer Balls are food. Players are Sheep.

The 'Farmer' is laying down sleeping. The Sheep must quietly

walk to the soccer balls. If the Farmer wakes up the Sheep

must FREEZE. Once the farmer goes back to sleep then the

sheep can carry on to the soccer balls. Once they get there they must dribble a ball back to the start point as quickly as possible before the Farmer can 'tag' them.



Octopus Game (15 mins)

All Players have a ball. Coach is the Octopus and has lots of pinnies. As the players dribble around the coach uses his 'tentacles' (the pinnies) to try to capture the soccer balls by throwing the pinnie on top of the ball. If this happens, the player must lift the pinnie above his head and shout out "Octopus Slime". Another player can Hi-Five the player to "release" them from the slime.

Small-Sided Games (15 mins)

Small-Sided Game:

use Pug Goals or equivalent. Play 4v4 game with no GK.

By playing 4v4 you allow the players an opportunity to be involved in the game, get lots of touches on the ball and show creativity. Do not over coach in these games